



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mahjong - 9am - 1pm	2 Gardening - 10am - 12pm Yoga - 4pm - 5pm	3 Karaoke - 11:30a - 1:30p	4 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
7 Preparation & Center Upkeep	8 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	9 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	10 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	11 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
14 Preparation & Center Upkeep	15 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	16 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	17 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	18 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
21 Preparation & Center Upkeep	22 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	23 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	24 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	25 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
28 Preparation & Center Upkeep	29 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	30 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm		



MIRA MESA
SENIOR CENTER

Program Details – April 2025

8460 Mira Mesa Boulevard, San Diego, CA 92126
(858) 860-5355 / MiraMesaCenter@MiraMesaCenter.org

The following Community College Continuing Education Classes are now available in person at the Senior Center:

HEALTH EDUCATION – OLDER ADULTS*

Every Tuesday, 2:00am to 3:30pm

Every Wednesday, 1:30pm to 3:00pm

WU/HAO STYLE TAI CHI*

Every Thursday, 9:30pm to 11:00am

IKEBANA-JAPANESE FLOWER ARRANGEMENT*

Every Wednesday, 9:30am to 12:30pm

** Community College (CC) Spring Break from April 1-4. No CC classes at the senior center this week.*

ELDER LAW & ADVOCACY – FREE

Free legal advice for seniors – including basic estate planning, landlord/tenant issues, probate, etc. By appointment only, call 858-565-1392.

HICAP – FREE

Medicare Counseling on location. Call 800-434-0222 to schedule a one-on-one appointment.

LEGAL AID SOCIETY – FREE

On-site FREE Consumer Health Help and much more. Call 619-471-2686 to make an appointment.

FUN ACTIVITIES – IN PERSON

MAHJONG

Every Tuesday, 9:00am to 1:00pm

SEASONAL GARDENING

Every Wednesday, 10:00am to 12:00pm

YOGA

Every Wednesday, 4:00pm to 5:00pm

FUN KARAOKE

Every Thursday, 11:30am to 1:30pm

BINGO! – Only 50 cents for three cards

No admittance after 10:00am

Every Friday, 9:00am to 11:00am

DANCERCISE

Every Friday, 2:30pm to 3:30pm

LINE DANCING

Every Friday, 3:30pm to 5:00pm

**“I shine in tears like
the sun in April.”**

- Cyril Tournour

